

THE FRIST CLINIC
Dr. Matthew C Neff

COLONOSCOPY INSTRUCTIONS-IMPORTANT

DAY: _____ DATE: _____ ARRIVAL TIME: _____ PROCEDURE TIME: _____

NAME: _____ go to _____ by the arrival time and check in with the receptionist. Please call (615) 342-6081 Monday-Friday between the hours of 8:00 a.m. and 4:30 p.m. if you need to reschedule your appointment. This courtesy will release the time for another patient. If you have an urgent need to reach us outside of these hours please call (615) 342-6010.

Preparation for the colonoscopy is important. In order to visualize the inner surfaces of the colon, the large bowel must be very clear.

PREPARING FOR THE COLONOSCOPY

- ✓ **You will need to pick up your prescription at your pharmacy:**
 - MoviPrep, Suprep, or GoLytely

- ✓ **Drink only clear liquids for the entire day before your test.**

Examples of clear liquids are (no red flavors):

 - Tea without fresh lemon, Coffee without cream
 - Apple juice, white grape juice
 - Gatorade (clear, orange, yellow), Kool-Aid (clear, orange, yellow)
 - All soft drinks: Coke, Sprite, Pepsi, Gingerale, 7-UP, Dr. Pepper
 - You may have Jell-o (clear, orange, yellow), Kool-Aid type popsicles (clear, orange, yellow)
 - Bouillon, chicken or beef (please use cube type only and no more than 3 for the entire day)

- ✓ **Do not have any dairy products, solid foods, or alcoholic beverages.**
- ✓ **At 8:00 P.M.** – Take Dose 1 followed by 16 oz. of clear liquids of your choice
- ✓ **At 3:00 A.M. the next morning** – Take Dose 2 followed by 16 oz. of clear liquids of your choice
- ✓ Continue your clear liquid diet until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT FOR DOSE 2 OF THE PREP.** You must come in fasting the morning of your test. (You may take your morning blood pressure and heart medications with just a sip of water)

- ✓ **You will need a driver 18 years or older to take you home.** You will NOT be allowed to drive or work the day of your test. Your driver must be here 1 ½ hours after your scheduled procedure time. If you use Lyft or Uber you must have someone with you. The hospital will not release you to Uber or Lyft if you are alone.

- ✓ Bring a list of medications with dosages, your health insurance information, and photo ID.
- ✓ Please inform our office prior to your procedure if you have a latex allergy.

- ✓ **If you have had a heart stent placed in the last year, please contact your PCP or cardiologist to get clearance on discontinuing your blood thinner for 5 days prior to the procedure. Please contact our office after speaking with your PCP or cardiologist.**

- ✓ If you **have not** had a heart stent placed in the last year, **do not take any blood thinning medication 5 days before your test.** This includes: Coumadin, Plavix, Pradaxa, Eliquis, Effient, Xarelto, Ibuprofen, Aleve and any arthritis medications.

- ✓ You **may** continue your Aspirin.

Tylenol is ok if you need to take a pain reliever.

If you take an evening dose of insulin, take only one half of your regular dose. Hold your insulin the morning of the procedure until after your procedure.

- ✓ **Do not** take any medication with iron for 7 days before your test. This includes multivitamins.
- ✓ **Do not** wear cologne, perfume or scented lotions.